

The Thunderword

April 17, 2003

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Highline Community College

Foundation hosts magical night

BY LAUREN POLENSKE
Staff Reporter

Highline's Foundation made magic Saturday night, taking in \$50,065 at its third annual fundraising event.

This year's event, Believe in Magic, was held to raise money for scholarships and emergency funds for students in need.

The Foundation surpassed last year's total of \$48,000 and exceeded its goal of \$50,000.

"Overall it was a very exciting event," said Mark McKay, Foundation director. "It wasn't just an auction, it was a performance. We wanted to give them more than just a meal and a chance to spend more money. It's important I thank the volunteers."

The Foundation gala was held in the Emerald Downs banquet room, which was decorated in red chiffon, silver and gold.

As guests entered they could make a donation and receive a balloon creation made by Vern Warmbo, Foundation member.

While enjoying a gourmet meal, gala guests listened to the sound of the Seattle Choral Company singing selections from *Phantom of the Opera*.

The next event featured comedic magician Vaclav Havlik.

Havlik started his show by bringing Highline's President Dr. Bell on stage. He presented her a rose conjured from a napkin, transformed with a flame and a snap of his wrist. He then poured her some wine in a levitating glass.

Kicking off the auction were students Brandi Shoaf and Elizabeth Davidson, telling personal stories of how Foundation money helped them.

Shoaf is a student in the nursing program and is graduating from Highline in June. Her education depended on scholarships from the Foundation. Shoaf spoke about conquering her drug and alcohol addictions and coming back to school.



Photo by Adrienne Hughes

Highline President Dr. Priscilla Bell was the magician's assistant at the Foundation gala.

"Nursing is something I have always wanted to do, but in the past my addiction got in the way of pursuing this dream," she said.

The second student speaker, Elizabeth Davidson, was able to buy her books with the help of the Foundation.

"I didn't have the money to buy books. They can range from \$100 to \$200. That might as well have been \$20,000," she said.

"The student testimonials were wonderful, very heartwarming," said community member Sally Loman.

McKay also believes student success stories make a difference in the turnout of the fundraiser.

"It's just wonderful," he said. The Foundation's Fund the Dream program raised \$13,650 in donations ranging from \$50 to \$2,500.

A separate auction, which

raised \$15,650 alone, included 22 items ranging from a black Tahitian pearl ring, to a night of entertainment with Highline president Dr. Priscilla Bell.

Gala guests were excited to talk about their ties to Highline, fond memories and their support of current and future students.

Susan Goegebeuer, presi-

See Gala, page 15

Senate budget boosts buildings

BY BEN JOHNSTON
Staff Reporter

Highline stands to see up to \$40 million for capital improvements and renovations in the 2003-05 biennium, according to the proposed state Senate capital budget.

But, the Senate's operating budget spells cuts and reallocations, similar to Gov. Gary Locke's operating budget.

The state Senate's capital budget proposal gives \$419.4 million to two-year colleges statewide. This covers nearly every project in the \$449 million request submitted last fall by the State Board for Community and Technical Colleges (SBCTC), and exceeds Gov. Gary Locke's proposal of \$349.4 million by \$70 million.

"It (the Senate capital budget) is an exceptionally good budget for the community colleges," said Highline Vice President of Administration Laura Saunders.

It provides construction funding for Highline's child care and higher education centers, as well as \$5 million out of an A-list fund reserved for repairs and renovations.

Although this proposal sounds enticing, nothing is for sure just yet.

"All we're looking at right now is a committee request," Saunders said. "It is scheduled for action on Friday. But, we're getting everything we wanted."

However, proponents of the legislation are already assuming passage of the bill.

"We're not just building for the sake of building," said state

See Budget, page 15

Index

Arts.....page 5,6,7
Campus Life.....page 2,3
Opinion.....page 4
News.....page 1,11-15
Sports.....page 8-10



Lady T-Birds off to a fast start this season
--See story page 8

Coffee guy Jonny Smokes to tour Japan this summer
-- See story page 5



Crime Blotter for April 11-16

Student gets too much attention

A student in his 50s told another 50-year-old student that if she did not talk to him that she would be sorry on April 16 at 7 a.m. in the cafeteria. She has been harassed by the same man on and off the campus on numerous occasions, she said. The Des Moines Police were notified and recommended an anti-harassment order against the man.

Unwelcome guest visits classroom

An unidentified adult male wearing dark-colored clothing with a backpack came into a classroom asking to contact a female student on April 10 at 9:15 a.m. The faculty member overseeing the classroom remembered seeing him three times previously that week on Monday, Wednesday and Thursday. She was told that if the unidentified male shows up again, she is to contact Highline Security immediately.

Building 30 goes creek in the night

A female custodian heard strange noises coming from Building 30 at 10:55 p.m. on April 13. When Security checked on the building, everything was normal.

Car broken into at North lot

A car prowler broke into a female student's car on April 14 at 2:03 p.m.

The car was parked in the North lot. She reported to security that her CD player was missing that afternoon.

-Compiled by
Chandra Smith

Miller hooks audience with salmon

By SIMON JOHNSON
Staff Reporter

The benefits of eating salmon far outweigh the risks said Environmental Science professor Sue Miller at Friday's Science Seminar.

Currently three types of salmon exist: wild, farm, and transgenic. It is best to buy wild salmon from May through September, while farm salmon are "available 52 weeks a year," Miller said.

Transgenic fish have not been approved by the FDA for human consumption.

Transgenic fish are fish that have been genetically altered to increase the normal growth period of six months to a new one-year growth period, resulting in much larger fish.

Miller also talked about the large amount of omega-3 fatty acids, which are two types of unsaturated fats found in Salmon.

"We don't know why they are good for us but they are," said Miller.

Some benefits are a lowered risk of heart attack and strokes, better arterial health and lowered blood pressure. Omega-3 fatty acids may also lower the risk of breast, colon and prostate cancers and may reduce inflammation resulting in less use of pain medications. One Australian study suggests that omega-3 fatty acids could improve mental health.

"Most have not gone through clinical trials," Miller said of the potential benefits.

Miller also discussed the culinary aspect of salmon. Salmon are compatible with

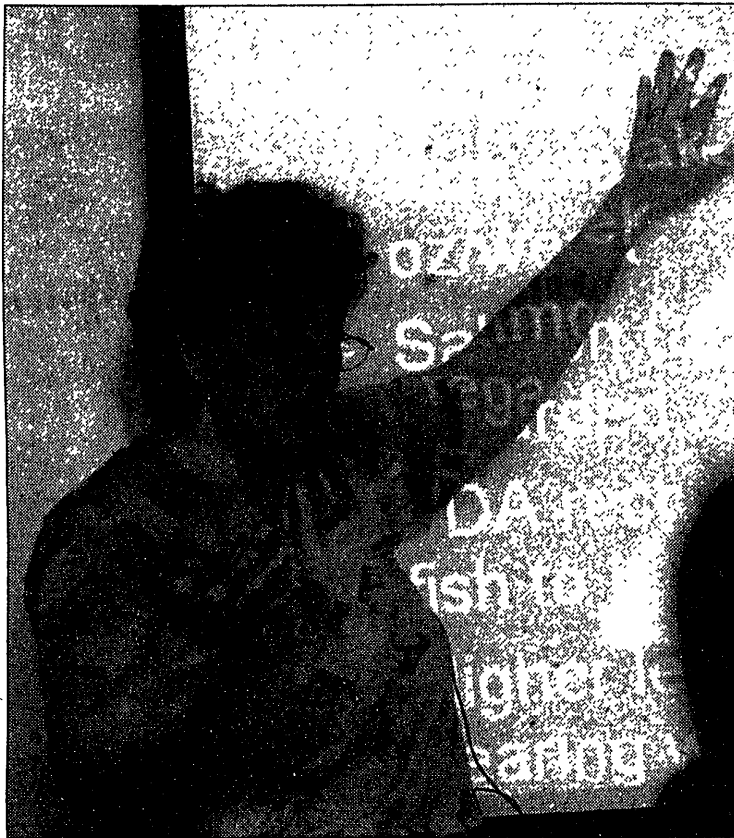


Photo by Connie Bradley

Highline professor Sue Miller discussed the potential risks and perks of eating salmon at last Friday's Science Seminar.

many ethnicities. Preserving salmon is also easy. Probably the best reason to eat salmon is that it tastes good, said Miller.

"You can smoke them, cure them, dry them, or eat it raw as sushi," Miller said.

Miller also discussed the possible environmental contaminants can be found in salmon. Mercury contamination is one topic that Miller went over. Mercury can be spread through coal and fossil fuel pollution. The scientific name for that type of mercury is Methyl mercury. Methyl mercury is stored in the tissues of animals and can lead to problems in the central nervous system and cardiovascular system.

Miller said that mercury can build up in animals through the process of bioaccumulation. Bioaccumulation is when an animal eats a lot of other animals with toxins in them.

Over time animals can build up a lot of toxins. Animals like older, larger salmon have a higher chance of having mercury buildup.

Swordfish have been found with a mean PPM of 1 which is the maximum allowance in the US and twice the allowance in Canada. Consumer reports found that salmon contain mercury levels from .1 PPM to .25 PPM. Alaskan salmon has been found to have the lowest levels.

Another toxin found in

salmon is PCB. PCB is stored in fat and has been linked to learning disabilities and retardation. There is no standard for the acceptable amounts of PCB in salmon. Farm salmon has nearly 10 times more PCB than wild salmon.

Mercury can not be removed, but salmon can be defatted to get rid of PCB. Defatting salmon also removes the omega-3 fatty acids.

Miller discussed the environmental effects of salmon fishing and farming. Salmon farms pollute the waters around them with sea lice which may infect wild fish. Another environmental concern is the endangered populations of the species. Thirteen of 500 populations of salmon are endangered. Populations, not to be confused with species, are a certain type of the species in a certain area.

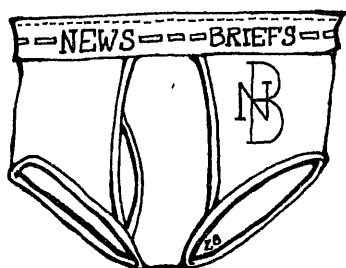
"It is very hard to manage these stocks," Miller said.

The endangered populations are in all major rivers in Washington along with the other non-endangered populations. The Alaskan fishery is sustainable even with the yearly catch of nearly 200 million fish.

For the environmentally conscious consumer, Miller recommends eating smaller, wild Alaskan salmon, preferably canned.

"The known benefits far outweigh potential and adverse health affects," Miller said at the close of the seminar.

Science Seminar is a one credit class which meets every Friday at 2:10 p.m. in Building 3, room 102. The next seminar is "Gambling," presented by Thor Johansen.



Blood drive to occur on campus

Highline will have a blood drive on Wednesday, April 30 from 10 a.m.-3 p.m. at the Federal Way Campus. The address is 33320 1st Way South, Federal Way (at 333rd and 1st Way South).

To make an appointment contact Suzanne at 206-878-3710, ext. 4011, or simply drop by on April 30.

Book Fair helps students in need

Women's Program's annual Books Are Fun Book Fair will occur Friday, April 18 from 10 a.m. - 4 p.m. in the Union Bay Room of Building 8.

Proceeds from sales will benefit the Women's Program's Emergency Fund.

Team Highline takes applications

Team Highline applications for the 2003-2004 school year are now available in the Student Programs office located in Building 8.

Applications are due no later than May 16 at 5 p.m.

Team Highline is the college's student events and promotion board.

Commencement speaker needed

Student Government is currently accepting applications for this year's commencement speaker.

Applications may be obtained from the Student Programs office located in Building 8 and are due no later than 4 p.m. on May 2.

Applicants must have a minimum 3.0 GPA and be graduating from Highline no later than Summer Quarter.

For more information contact Stefan Alano at 206-878-3710, ext. 3315.

Reading aloud benefits others

Access Services is in search of readers for books on tape. The service is provided to help sight impaired students on campus.

For more information contact Carol Jones at 206-878-3710, ext. 3551.

Job Fair coming soon to campus

The Highline College Paralegal Association will be sponsoring a Job Fair on April 25 from 9 a.m. until 1 p.m., on the second floor of Building 6. The fair is open to all students and will feature resume writing techniques.

Say bye bye to Building 8

Celebration set as demolition day approaches

By INNA DENCHIK
Staff Reporter

Building 8 is coming down but not before its last big event, the 8 No More celebration.

On Wednesday, April 23, from 11 a.m. to 1 p.m., Team Highline will be hosting a celebration to mark the closing and demolition of Building 8.

Floor plans of the new building and the tent will be on display for anyone who is interested.

"It will be the last big event held in the building marking the past and the future of Highline," said Student Senator Owen Wagenhals.

In addition to a live steel drum band called Bakra Bataa, the event will feature a caricature artist who will draw students on the windows and walls of the old building.

"Since the building is being demolished we are going to be doing a lot of things that we don't usually do," said Camille Barrera, student vice president of Administration.

In addition to an array of entertainment, seven food vendors will be providing free snacks.

The current facility will be demolished to make way for a new student center.

The new 45,000 square foot facility will cost \$13-\$15 million and should be finished by 2005. The building is being

funded mainly by student fees.

Any student or staff member who would like volunteer or learn more about the 8 No More event is encouraged to participate and can contact Student Government at 206-878-3710, ext. 3315.



Photos by Connie Bradley

Construction workers prepare rebar and concrete forms for the foundation of the tent that will temporarily replace the current cafeteria located in the lower level of the student center.

Concrete next for tent site

By INNA DENCHIK
Staff Reporter

Tent construction continues as tractors tear apart the ground east of Buildings 9 and 10.

With the demolition and reconstruction project of Building 8 under way, a tent is being built to serve as a temporary cafeteria for students and staff.

Currently pads are being created which will serve as support for the deck of the tent. The pads will consist of steel beams and concrete.

"The concrete will be poured into the pads next week," said Phil Sell, from Highline's facilities department.

Sell said that the portable kitchen and restrooms should be brought in by next week as well.

Construction worker Mark Fallstead

confirmed the anticipated delivery of the facilities.

"We're expecting portable units next week and the beginning of framing for the deck to begin," said Fallstead.

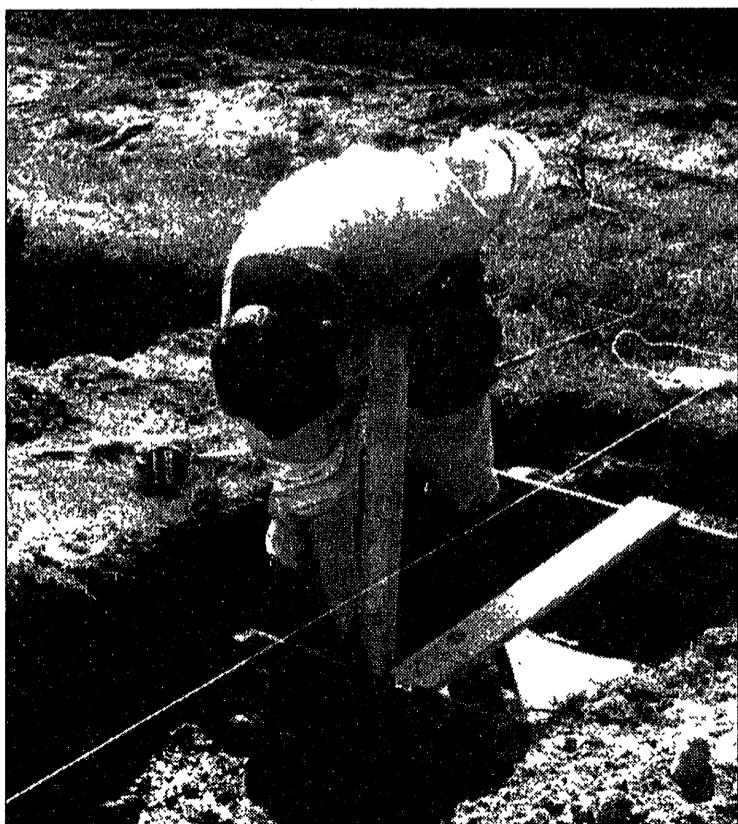
So far the project has seen smooth sailing.

"It's been a typical construction site," said Fallstead.

With the demolition of Building 8 fast approaching student services are relocating.

Students and staff currently working in Building 8 are getting ready for their move to new offices, which are almost complete in Building 16.

The offices will serve as temporary workspace for Student Programs students and staff. With the completion of the student center they will be available to instructors.



editorial

School really is for learning

Top ten list: how to ace your college classes

Some students feel that Highline is too easy and yet there are many that don't quite make the grade. After a careful look at possible reasons for the lack of consistency, we determined that failing students are not practicing the proper skills needed to succeed in college-level classes. Here are some helpful suggestions that will hopefully improve your situation:

- 10) Pass personal notes. It is a proven theory that some students learn kinesthetically. Your movement will actually help you learn more.
- 9) Argue with the teacher during their lecture. Teachers only went to school to party, just like you, so you must know more than them because you haven't killed off as many brain cells yet.
- 8) Childish giggling with your friends actually makes the teacher certain you think they are funny. The more you giggle, the more the teacher will like you.
- 7) Turning your work in late makes the teacher believe that you spent more time on the assignment than the rest of the students. Slackers.
- 6) Make sure your cell phone ring is on loud so that everyone can hear what new song you have downloaded. Teachers will give you extra credit for being cool.
- 5) Teachers understand that you need your beauty sleep, so go ahead and sleep in class. Maybe enough sleep will actually make you attractive and the material will seep in through osmosis. Bonus!
- 4) If you are going to talk during the entire lecture, be sure to sit in the back so everyone can hear you. Trust me on this one, your voice carries despite what those kids who don't think we can hear them say.
- 3) You really get more credit for attendance if you show up to class with less time left than the amount of minutes you are late. Make sure you do the math right.
- 2) Don't read the material in community college if you plan on attending a four-year university or plan on having a real career. Everything you need to know in life, you learned in Kindergarten. How come no one knows the guy who said that?
- 1) Doctors just proved that smoking weed before you come to class really does boost your ability to think clearly and understand complex material...dude.

the opinion page

Editorials are the opinion of the management of the newspaper. Columns represent the opinions of the individual authors. Letters to the editor represent the opinions of the readers.

Letters to the editor are welcomed and are subject to editing for length and style by the Thunderword staff. Letters should be no more than 300 words long. Please send submissions via email to Thunderword@highline.edu or deliver to Building 10, room 106.

I don't care how good of a student you consider yourself to be, because I can predict with almost 100 percent certainty that everyone on this campus (including professors) has had a hockey mental check and uttered the following question: Why in the hell do I need to learn this?

However universal the question may be, the manner in which students deal with the exasperating feeling to learn what appears to be useless information is not.

In my college career, I've noticed one particular type of student that really bothers me. I'm sure most of you know the type I'm talking about. The one that shows up late to class (if they show up at all), never buys the book, and constantly complains about not knowing the material.



Perhaps you are one of them yourself.

It seems that this type of student has difficulty grasping the concept that learning can be fun. However, it is only fun if you understand what you are, in fact, learning. In order to do this you must keep on top of the course work.

Rather than looking at a class as an obstacle, getting in the way of achieving a two-year degree, students should realize that these classes are incredible

opportunities to use skills learned before in previous quarters.

For example, I don't know anyone at Highline who hasn't been faced with the mental-monster, a.k.a. Critical Thinking. Critical thought isn't something teachers beat into our brains just because they find it amusing to watch us grimace (except for maybe Charles Stores). We learn it because it is so applicable to our everyday life, in-and-out of the classroom.

So, as midterms quickly approach, and the age-old question of why-did-I-spend-so-much-money-to-merely-make-my-head-hurt rears its ugly head, just remind yourself of my next statement: You pay the same amount of money for a 4.0 as you do for a 0.7, so make your college experience worth it.

Student elections

By D.J. TAYLOR

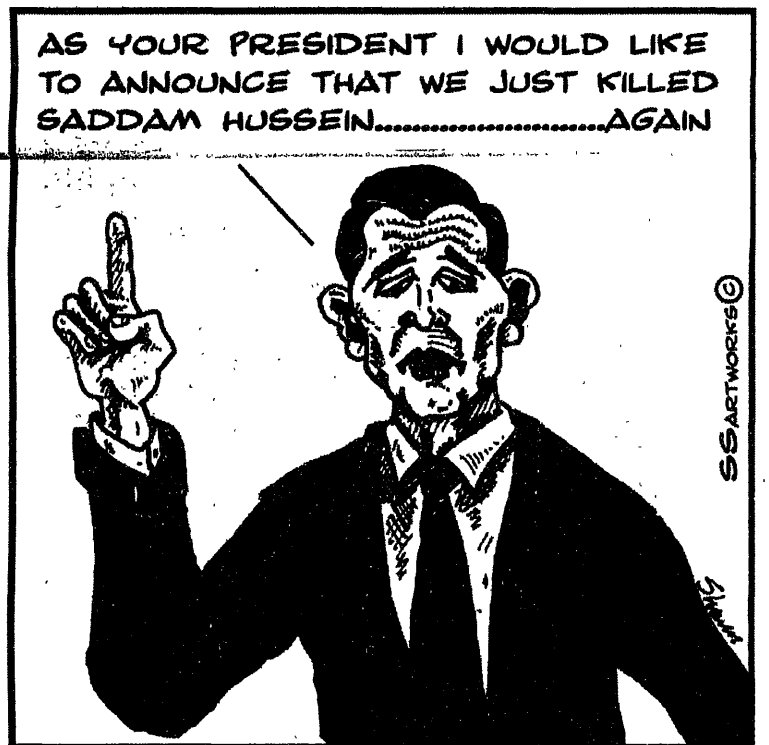
Vice President of Legislation

Greetings, fellow attendees of Harvard on the hill. I hope you are enjoying all that Spring Quarter has to offer.

You know, some schools have football, some have hockey, but we have a sport here at Highline that is far more competitive. No, I'm not talking about chasing that squirrel that stole your delicious cafeteria snack, but rather, elections!

That's right, it's time once again to throw down the gauntlet and pick your leaders for next year. Will it be you?

Election packets are available in the Student Programs office, upstairs in the soon-to-be



demolished Building 8.

So, grab your packet and a snack, and get out there and start the campaign. You never know, you could be a future

ASHCC Officer. And if you didn't know, student government positions are paid!

Student government members contribute regularly.

THE THUNDERWORD

S T A F F

Oh my god! I'm an adult.

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SMOKIN' WITH JONNY

By day, he's a smiling barista. By night, he's a rolling rocker. And now Highline coffee guy Jonny Smokes is going to tour Japan.

BY PATRICK WAGNER
Staff Reporter

When campus barista Jonny Smokes isn't brewing coffee, he's kicking out the jams in Pierce County.

Smokes is a long-time espresso attendant here on campus, and as of recently he has had his hands full with his music career.

You can always find Smokes every morning outside of Building 6, underneath his espresso tent playing music and tinkering with his recording tools.

Smokes, who is now 30 as of last January, is a Reno, Nev. native with a profound passion for music.

"Music, I guess kinda chose me, I was always into music. My dad played in a band and it was always around me when I was growing up," said Smokes.

Come this mid-June Smokes will be leaving the Western Washington rock scene and X35 for the less traveled Japan rock scene.

"My girlfriend got a six month model-

ing contract over there. I am going to play there for a while to get myself established," said Smokes.

A fill-in for Smokes will be appointed during the time that he is gone at the espresso stand.

"I've been with the company for about five years now so there cool about me taking off and touring," said Smokes.

X35 is the band that Smokes fronts for when he is not doing his acoustic thing.

X35 plays all the latest radio hits louder and at times better than the original performers. Bands like Nickelback and Puddle of Mud are covered and made better with ease.

X35 is made up of four well rehearsed musicians: Tas on drums, Jeremy on bass, Frankie on lead guitar and back-up vocals and of course Smokes on rhythm guitar and lead vocals. Their motto is "Turn it on, turn it up, turn it upside down;" if you get to see them live you'll know why.

"I play every show like it's my last," said Smokes.

The band started about a year ago when Smokes took up an ad he saw in *The Stranger*. He auditioned to be the lead singer and they have been playing together since.

Once Smokes is in the land of the rising sun, X35 will be taking on a new singer for a short while. Though X35 will

leaves) they are not out.

You can catch X35 in the Pierce County area at one of the many clubs they will be playing in the next few months. This Friday, April 18, they will be playing at the Fabulous Firwood in Fife. The following weekend, April 25 and 26, they will be at Q's Sports Lounge in Graham. X35 will be returning to Q's Sports Lounge

May 9 and 10. And the following weekend, May 16 and 17, they can be found at Grand Central Steakhouse in Sumner.

Smokes also just put out a new CD of acoustic covers of a lot of really great songs from a lot of his influences and the final track *Cloud Cover* is a sample of what is coming soon from his solo career. Covers on the CD that stand out include: *River of Deceit*, by Mad Season, *Just like heaven*, by The Cure, and *Everlong*, by Foo Fighters.

"The CD is a really good mix. It gives people a good idea of what type of music I like to play," said Smokes.

A new EP is to be released next month featuring all new songs written by Smokes himself. A new album is planned to come out soon after the EP.

The strange thing about the new album is that there will be two versions. First, an acoustic version will be out this summer and after that an electric version is due out some time this winter.

The new albums, both acoustic and electric, will be done entirely by Smokes, bass, keyboards, drums, vocals and guitar will be all him.

"I'm just glad people enjoy my music . . .," said Smokes, "...and I try to get my point across from time to time."

You can check out song lists, pictures, video clips and general band info at www.x35.fanspace.com, or you can E-mail Smokes at JonnySmokes@hotmail.com.

be down for a while (shows are slowing to around once a month when Smokes



AFI burns it up on new, breakthrough CD

BY PATRICK WAGNER
Staff Reporter

New things are afoot in the alternative rock scene as small time goth/punk band AFI breaks through the typical California punk barriers with their new album and revamped sound.

AFI (which stands for A Fire Inside) first started out as a

small California high school punk band. Now with success at their feet, the band finds themselves playing music that is a far cry from what they started with. AFI is Davey Havok, vocals; Jade Puget, guitar; Adam Carson, drums; and Hunter, playing bass.

The thing that sets AFI apart is that now they have a sound all

their own. With the help of producers Butch Vig and Jerry Finn, AFI has broke the pattern of rewriting the same stuff and now is heading in a fresh direction.

AFI fans will notice with the new album (*Sing The Sorrow*, released March 2003) that a lot more substance and work was put into this album than their

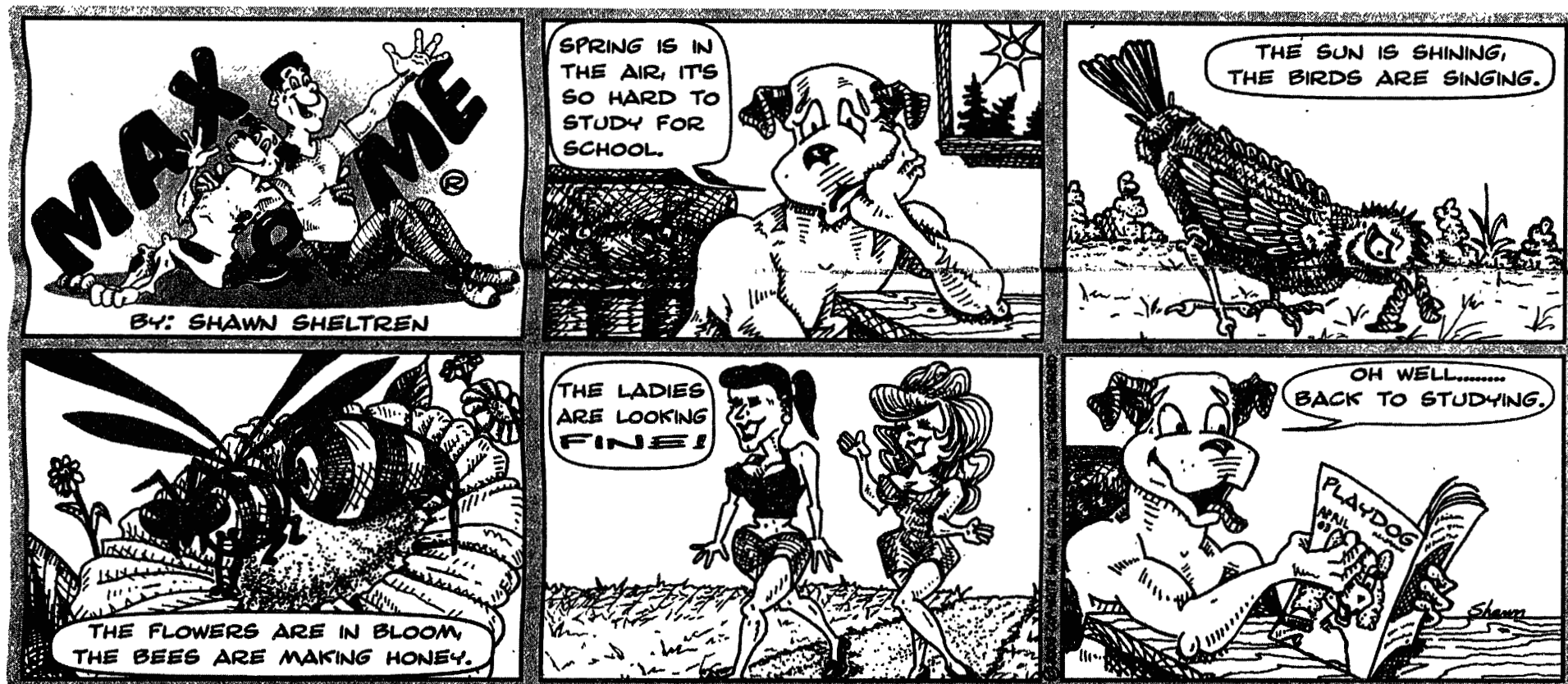
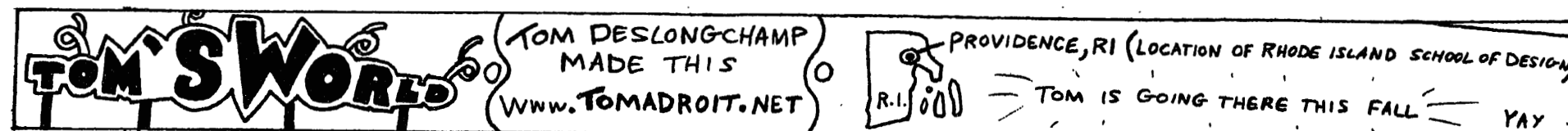
previous albums (*Art Of Drowning and Black Sails*).

The band now experiments with different melodies, tempos and finally some songs without back up vocals making up for the bulk of the lyrics.

The new spin is the focus on their goth side rather than their punk origins, and accomplished rather well with the addition of

some electronic (industrial influenced) background effects without having to add a DJ (thank god). AFI has two upcoming shows in Washington, the first of which will be headlining at the new Seahawks Stadium on May 26.

The second chance you have to see them in the area is at the 2003 Warp Tour on July 5.



In Guest's world, actors are in charge

By Mike Alton
Staff Reporter

Christopher Guest never gets tired of working with the same actors to create movies that do not follow the traditional line.

Guest, most noted for his satirical mockumentaries, has entertained America for almost three decades.

Known for hit films such as *Waiting for Guffman*, *This is Spinal Tap* and his previous film *Best in Show*, Guest portrays the fixations of people on less attractive hobbies.

Guest, Harry Shearer, John Michael Higgins and Fred Willard visited Seattle on March 7 to promote their upcoming movie *A Mighty Wind*.

In his film *A Mighty Wind*, Guest captures the lives of folk



Christopher Guest as a guitarist in the 1984 film, *This is Spinal Tap*.

musicians who having experienced their 15 seconds of fame, now dreaming of a comeback and paying tribute to their

founding manager.

Seated at a small round table in a hotel in Seattle the four actors yearn to spread the news and show confidence in the new film.

Fred Willard, known as the idiotic dog show announcer in *Best in Show*, has worked with Guest in a number of films.

"Frankly the first one (movie) was so much fun, the second one's funny, by the third one I started to think there is so much feedback when people

say, 'Oh you were so funny,'" said Willard. "I started to get a little self conscious, and then I said I don't want to repeat my-

self. I want to do something different."

Since Guest incorporates many of the same actors from his previous movies, he knows what to expect of them and gives them freedom on camera.

The actors are left to improvise their lines and have created their own costumes, along with learning to play instruments and perform as a band.

"It was a wonderful experience because I am such a big fan of working with these guys," said Willard.

Harry Shearer agrees with Willard on the convenience of using the same cast.

"In terms of experience, it's very rare to be in a movie surrounded by people all of whom you've worked with in the past," said Shearer.

"You are being encouraged to, and allowed to work at a level that's about eight notches higher than you are normally allowed to work at," said Shearer.

"These movies are the least like work," added John Michael Higgins.

Shearer believes improvising open up the arena of creativity.

"I think this ensemble now feels very comfortable and everyone trusts and respects each other," said Guest. "The whole process of these movies is really a group effort on many levels."

With a brilliant cast and Guest's gift to create comical situations, you will be sure to see many more movies released from this ensemble.

A Mighty Wind opened in theaters on April 16.

'A Mighty Wind' blows into theaters

By MIKE ALTON
Staff Reporter

stars, and uses the entire cast from his last hit film *Best in Show*.

The movie centers around folk music icon and band manager Irving Steinbloom, who has recently passed away, leaving his son Jonathan (Bob Balaban) to frantically create the perfect memorial concert.

Jonathan must convince the bands to perform at the concert but some of the members haven't seen each other or performed in decades.

Mitch & Mickey were a romantic duo 28 years before, but a nasty divorce caused Mitch's

mental breakdown and commitment to a sanitarium.

Mitch reunites with the remarried Mickey (Catherine O'Hara) and she struggles to cope with a man that has completely repressed his past.

The Folksmen (Guest, Harry Shearer, Michael McKean) have also reunited after three stagnant decades and are in hopes of making it big this time around.

Terry Bohner (John Michael Higgins) and his wife Laurie (Jane Lynch) lead the New Main Street Singers, formerly The Main Street Singers and have been playing for years in small gigs at amusement parks

and cruise ships.

All of the music was created and performed by the actors. The Folksmen performed in real life on *Saturday Night Live*.

Jonathan works diligently to bring his brother and sister's interest into the memorial concert, and struggles to reunite and gain assurance that his father's bands will perform.

Christopher Guest has created a number of satirical films, including spoof documentaries of a rock band in *This is Spinal Tap* and dog show enthusiasts in *Best in Show*.

Guest captures every aspect of the creators and singers in *A*

Mighty Wind, right down to back stage issues amongst the bands.

He really brings out the less-noticed preoccupations and portrays the peoples' dedication in a comical way.

A Mighty Wind does not follow the traditional movie creation of so many others.

The movie was created in 23 working day and shot mostly in Los Angeles.

Also, the cast was left to improvise their own lines for each scene, and created their own outfits.

A Mighty Wind opened in theaters on April 16.

Arts Calendar

•Team Highline is hosting a trip on the Bainbridge Island Ferry on Saturday, April 19 from 1 to 6:30 p.m. They will tour local towns and enjoy some sightseeing. If you want more information or are interested in Petrov at ext. 3537. Tickets can be purchased for \$3 in Building 8 in the Student Programs office.

•The Highline Jazz ensemble is looking for a drummer. Previous jazz experience is preferred. The club meets on Tuesday and Thursday from 5:30 to 7:30 p.m. Two performance credits are available. For more information contact Paul Mori at ext. 6075 or email him at pmori@highline.edu.

•The Northwest Symphony Orchestra is presenting their new performance *Celebration for a City*. The performance is happening on Saturday, April 26 at 8 p.m. at the Highline Performing Arts Center. You can get tickets by calling

Ticketmaster at 206-292-2787, tickets are \$13 for adults and \$10 for students and seniors. For more information visit NWSO's website at www.northwestsymphonyorchestra.org.

•The Vietnamese Students University Student Development Services, and Access Services is presenting *Access to the Arts for All*, an exhibition to celebrate Unity Through Diversity Week. The art is on display in Building 6. To see how the art comes together and participating in an interactive demonstration stop by Building 16-170 on April 28 from 2 p.m. to 4 p.m.

•Wing Luke Asian Museum is presenting a new exhibit entitled *Asian Pacific Americans in Sports*. A celebration of the achievements of Asian Pacific Americans and a look at their history, the exhibit opens on April 18 and will run through Nov. 30. For more information call 206-623-5124 or visit the website at www.wingluke.org.

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Site Seeing

Across

- 1 Catches Z's
- 5 Maryland treat
- 9 Help rob a bank
- 13 Patent start
- 14 Ginsburg's attire
- 15 Trout's fatal attraction
- 16 New Mexico site
- 20 Grounded bird
- 21 Glazer's concern
- 22 Store in crosshairs?
- 23 _____ Earnhardt
- 24 State of agitation
- 25 Round shape
- 28 Work hard
- 29 Precedes Beta Kappa
- 32 Exams
- 33 Wilbur's call
- 34 Family gathering
- 35 San Francisco site
- 38 Opposed
- 39 Spooky
- 40 Reastaurant patron
- 41 Sloppy area
- 42 Mimicker
- 43 Brunch start up
- 44 Pack places
- 45 Covering
- 46 Alaska native
- 49 Alum
- 50 DC agency
- 53 DC site
- 56 Hinge joint
- 57 Academic big wig
- 58 Coiffure
- 59 Darns
- 60 Ship
- 61 Dole out

Down

- 1 Pleasant
- 2 Economist Smith
- 3 Chile neighbor
- 4 Gal of song
- 5 Wader
- 6 Took a cab

Crossword 101

By Ed Canty

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- 7 Jennings home away from home
- 8 Nonconformists
- 9 Conscious
- 10 Small town
- 11 Sea eagle
- 12 Midterm event
- 17 Thin
- 18 Cotton holder
- 19 Colorado attraction
- 23 Map point in India
- 24 Cher's ex
- 25 Couches
- 26 Computer command
- 27 Expedition
- 28 Queen's adornment
- 29 Socrates pupil
- 30 Rabbits
- 31 Below Prefix
- 33 Signs
- 34 Title-holder
- 36 Actor-Burt
- 37 Maniac
- 42 Office note
- 43 Polite address

- 44 Prepares potatoes
- 45 Fashion
- 46 Fraternal members
- 47 Trig function
- 48 Recognized
- 49 FBI agent
- 50 Marching pipe
- 51 Missile
- 52 Succulent plant
- 54 Obit word
- 55 Computer memory unit

Quotable Quote

Thanks to the Interstate Highway System, it is now possible to travel from coast to coast without seeing anything.

... Charles Kuralt

T-Birds win baker's dozen, still hungry

By SHAUNA BJORK
Staff Reporter

The Highline women's fastpitch team has dominated its last four opponents, scoring 48 runs, two no-hitters and a one hitter.

With tougher competition though on Wednesday night, Highline was scored on for the first time since their win versus Shoreline on April 5.

The Thunderbirds have the only undefeated record in the league, 13-0.

In the game versus Everett Friday April 12, Highline won the first game 10-0.

Highline scored 10 runs on 10 hits and had no errors.

Tara Jansson went 4 for 4.

"We were all seeing the ball really well," said Jansson.

Amanda Richardson shut down Everett's offense, throwing a no-hitter.

In the second game the Thunderbirds beat the Trojans 9-0.

The T-Birds scored the nine runs off of 10 hits.

Pitching for Highline, Danae Munsell, received the win holding Everett to three hits.

In the first game versus the Skagit Valley Cardinals, the women won by a score of 8-0.

Highline won behind the pitching of Lacey Walter who



Danae Munsell fires a pitch against Peninsula last Tuesday. Munsell walked away with the win, and a one-hitter. Photo by Adrienne Hughes

threw a no-hitter, in the game that ended in five innings.

"We were glad to end the

game in the fifth," said Walter. "It was raining and we were all ready to go home."

The team scored eight runs off of six hits.

The second game was rained out.

After the Skagit Valley and Everett games, Head Coach Kirsten Jensen said that Highline hit the ball really well, and showed more talent than Everett and Skagit Valley.

"We outplayed both teams," said Jensen.

Highline was back at home Tuesday afternoon, playing a doubleheader against Peninsula.

The Thunderbirds won the first game 2-0.

In the first game, Highline's bats were kept quiet by the Peninsula's pitching.

The opposing pitcher, Kelsey Moore, threw a slower ball that was harder for the women to hit.

Highline was held to six hits in the game.

However, Highline pitcher Munsell only allowed three hits in the game.

In the second game, Highline came out on fire, scoring eight runs in the first inning.

Highline won the game 17-0, on 11 hits in three innings, due to the mercy rule that states if a

team is winning by 15 runs the game is called.

The key to winning the game was the many triples and doubles hit by Highline, and the good defense.

Michelle Gutierrez won the game in the third, with a triple that put them over the 15 runs needed to win the game.

Richardson got the win, letting Everett have only one hit in the game.

In the first make up game versus Edmonds Wednesday night the team won in extra innings 2-1.

The team scored in the eighth inning after two outs, and back to back walks.

Andra Hickley hit a ground ball to short, with an error on the throw it allowed a run to score ending the game.

The pitching in all the games for Highline has been dominating.

"When you have pitching doing that well, you can't compete with it," said Jensen.

To continue winning the team is going to have to continue playing as a team and supporting each other, said Jensen.

"We need to continue to play at this level," said Jensen.

A few players on the team,

including the coach, have been getting sick. Selina Gatz was pulled from Saturday's game versus Skagit Valley, in the fourth inning due to her being very ill.

"When you spend this much time with a group of people, it's going to get around," said Jensen.

The team played a second game versus Edmonds Wednesday night, however results were not available at press time.

"It feels great being on a team that has a 12-0 record," said outfielder Destiny Johnson after the win versus Everett.

Tuesday's win keeps Highline in first place in the North Division, three and a half games ahead of Edmonds. Throughout the entire NWAACC, Highline remains the only undefeated team.

The team will also make up the Skagit Valley game in the next week, with date and time to be announced.

The team has no scheduled games until April 25, due to them not playing in the cross-over tournament. Any games played between now and then will be make-up games.

"It will be a good rest," said Gatz.



Michelle Gutierrez scoops up a ball to fire to Tara Jansson.

Teamwork takes men to relay wins

BY COLETTE WOODS
Staff Reporter

Winning two events has put the men's track team on top of their game.

The team competed in the Mt. Hood relays on April 12 in Oregon.

The men placed third overall with 91 points.

"The men did very well," said Head Coach Robert Yates. "This meet gave us a chance to come together as a team."

The men placed first in the 4x200-meter relay with a time of 1:29.19. Jeremiah Armstead, Malcolm McLemore, Jerome Sirmans and Edgardo Holland were in this relay.

Bryan Pyfer, Jason Nieblas, Clay Hemlock, and Mike Dickson competed together in the 4x800-meter relay, which they won as well.

"The other teams were surprised about how well we did," said runner Sterling Howard.

The men came in second for the 4x400-meter relay with a time of 3:17.98.

They also placed fourth in the distance medley with a time of 10:46.85.

Chris Fuller placed third in the men's triple jump with a distance of 41-04.75". In the discus throw, Gunner Argo placed fourth with a distance of 144'5".

"Gunner had a very good day," said Yates.

Nate Carter was right behind him with a distance of 140'9".

Carter also finished second in the men's shot put with a distance of 49'2", which equaled his personal best.



Photo by Adrienne Hughes

Jershon Foyston practicing hurdles for next week's meet.

The men placed fifth in the 4x100-meter relay with a time of 43.59 seconds. In this event were Matt Ludwigson, Armstead, Holland, and Howard.

They also placed fourth in the 1,600-sprint medley with a time of 3:40.34.

In the 4x1600-meter relay, the men had a time of 20:14.64, placing them in fifth.

"This was a good meet for us," said Howard. "We competed against people in our own league in this meet."

Gunner Argo placed third in the pole vault with a height of

13' flat.

Charles Villagrancia placed fifth with a height of 12'.

Matt Ludwigson had a distance of 164'1", placing him fifth in the javelin throw.

In the high jump, Chris Fuller won the high jump with a distance of 6'2".

Gunner Argo placed fifth in the high jump with a distance of 6' even. Argo also placed third in the 110-meter hurdles with a time of 17.15 seconds.

The next meet is at Central Washington University on April 19, where Highline will be the only community college in the meet.

Lady T-Birds making strides in track

BY KATIE FOSTER
Staff Reporter

The Thunderbird women's track team took another big step this weekend at the Mt. Hood Relays. Last year the women were not able to participate because of lack of numbers.

"Last year we only had three girls participating in events," said Head Coach Robert Yates.

"This meet was not only big for the program, it was also big for me personally. I need to keep building the program," said Yates.

The Lady T-Birds placed in



Photo by Melissa Flesch

Amanda Kamm and Wogahata Haile practice for next week's meet.

the top six in three relay events. The T-Birds placed fourth in the 4x800 meter relay

with a time of 10:36.09, third in the 4x1600 meter relay with a time of 24:42.61, and fourth in

the distance medley relay with a time of 13:48.30.

Arlecier West threw the hammer, discus, and shot put. She placed fifth in the shot with a distance of 38-00.50.

Two weeks ago the Lady T-Birds gained another teammate. Tyisha Coleman joined the track team, an addition that will only help the women to reach their goals.

The Mt. Hood Relays was the first meet Coleman had participated in, in three years. She placed fifth in the high hurdles with a time of 18.38.

"Tyisha will be a big help in our program. She and Olivia Palermo will help push each other throughout the season," said Yates.

Palermo was absent from the

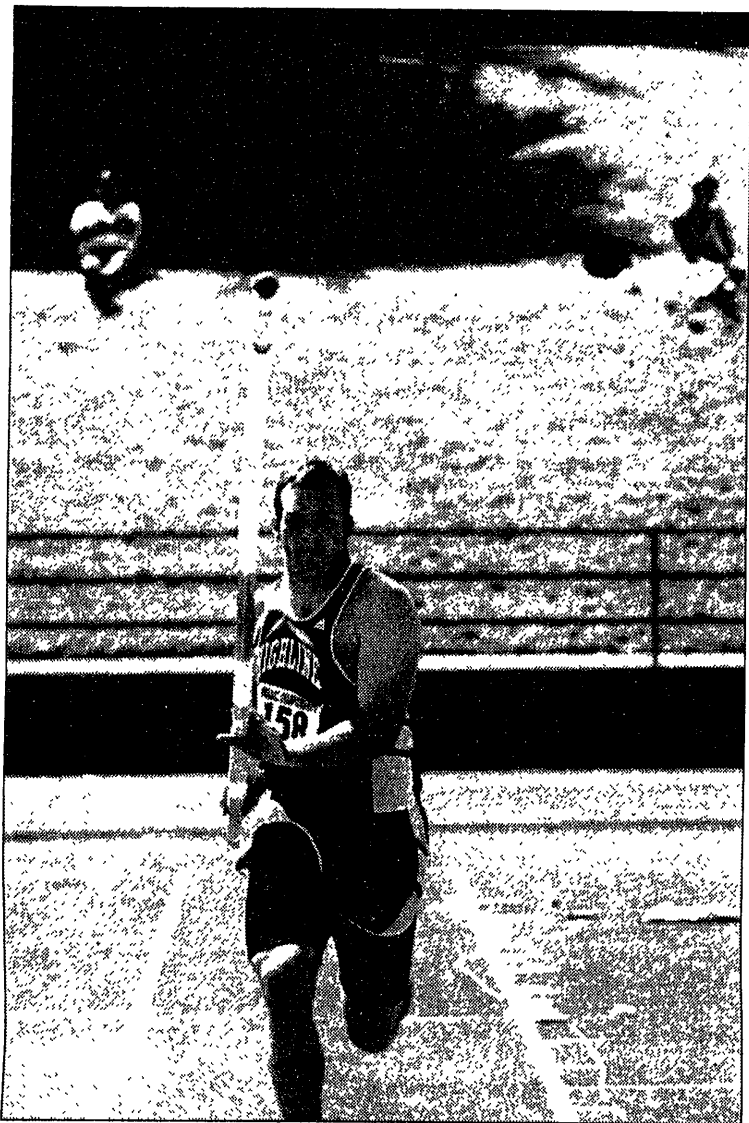
Mt. Hood Relays because there weren't enough girls to fill a sprint team. She was invited to the University of Puget Sound Shotwell Invitational in Tacoma.

There she won the 400-meter dash with a time of 57.14, a season best time. She also won the 200-meter dash with a time of 25.66.

Palermo remains undefeated in the Northwest in the 400-meter dash, the event in which she is defending NWAACC champion. She has only lost once in the 200-meter dash.

"I want to remain undefeated for the rest of the season," Palermo said.

The next meet is on April 19 at Central Washington University in Ellensburg.



File Photo

Because of the elimination of a pole vaulting area and others, Highline is unable to host meets here.

Few years before track home meet

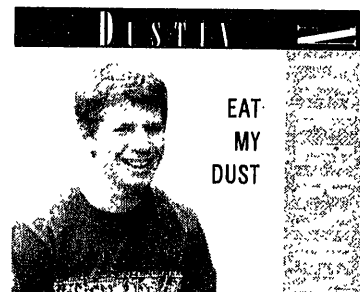
Highline's track team has put up rather dismal team numbers these past few years, and not having a fully operating home field might have something to do with it.

About four years back, the college completely redid McConnaughey field so that the soccer team was able to have home games.

Now, to watch athletes like NWAACC champion Olivia Palermo break records like egg shells, we have to drive out to Edmonds, Spokane, or Mt. Hood.

The last home meet the T-Bird's had was three years ago when Highline hosted the left-overs from a full meet at UW. The team agreed to this because a large portion of those not able to run were from Highline.

With a home meet the parent's can come, the campus gets shown off, and it's nice not having to travel, Head Coach Robert Yates said.



But work is being done to get the field ready so Highline, in time, can once again display its school and team at a home meet.

"Things look better than last year," Yates said. "The long jump pit is in shape, there's a new javelin runway, and there's brand new hurdles."

Athletic Director John Dunn is optimistic about the progress as well.

"The grass is growing in the shotput area, and the other pits are just being cleaned up," Dunn said. "About a year until it's ready to go."

Though even if it were ready tomorrow, it would be probably

be another couple of seasons before a home meet took place here. Long after Gunnar Argo, the school's first star decathlete in years has left, and would be competing at some university that took pride in showing off it's track stars.

"We would like to eventually have one, but we don't have the facilities," Yates said. "What we have is fine for practice."

Yates also said that on his list of priorities, getting a home meet isn't up toward the top.

"The great thing about being here is that there are a lot of good meets within an hour of the school, so the traveling isn't bad," Yates said.

John Dunn is eager to host a meet at Highline, but is being as patient about it as Yates is.

"We want to do this," said Dunn. "But we want to do this right."

Dustin was late with his column because he was Living on a Prayer last night.

Scoreboard

NWAACC Fastpitch League Standings

NORTH

	League	Season
Highline	12-0	12-3
Edmonds	10-3	13-4
Shoreline	12-4	15-4
Olympic	7-4	7-7
Green River	8-8	8-12
Bellevue	4-8	4-12
Skagit Valley	5-10	5-10
Everett	2-12	2-12

Peninsula 1-12 2-14

EAST

Spokane	16-2	20-6
Walla Walla	13-5	16-6
Wenatchee	10-6	12-11
Blue Mountain	10-8	12-10
T. Valley	7-9	11-11
Big Bend	6-12	7-16
C. Basin	5-13	7-15
Yakima Valley	3-15	5-18

SOUTH

L. Columbia	14-1	18-1
Clackamas	12-3	14-7
Mt. Hood	10-3	10-8

Chemeketa	8-6	12-6
S Puget Sound	5-7	8-8
SW Oregon	6-9	6-11
Centralia	4-10	4-10
Grays Harbor	2-8	2-8
Pierce	0-14	0-16

COACHES' POLL

(as of 4-6)

1. Lower Columbia
2. Spokane

3. Clackamas
4. Highline
5. Walla Walla
6. Chemeketa
7. Edmonds
8. Blue Mountain

Last week's results

4/15
Edmonds 9 at Olympic 3
at Olympic 9 Edmonds 8

at Bellevue 4 Everett 2
at Bellevue 7 Everett 6
at Green River 10
Skagit Valley 9
at Green River 10
Skagit Valley 2
at Grays Harbor 9
Pierce 8
at Grays Harbor 26
Pierce 8

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Levy failure may break HSD back

By KIM KIME-PARKS
Staff Reporter

Highline District schools face large cuts in teachers and programs if the Educational and Operational Levy fails on April 22.

The district will need to reduce its budget by \$16 million for the 2003-2004 school year and will stay in place for the following 2004-2005 school year.

"This is not a new tax but a continuation of our current levy tax that we have already been paying," said Barbara Blackshear-Haley, director of Communication for the Highline School District. "The school district will be building 8 new schools through the passage of the last bond and it is critical that our schools provide the necessary educational instructions for the students attending Highline District schools."

The Highline School District is located from Des Moines on the south end and continues through White Center on the North, taking in Norrity Park, Burien Sea-Tac and White



Photo By Connie Bradley

Mt. Rainier Highschool, which will be effected by cuts if the school levy on April 22 does not pass.

Center.

This will mean that 71 teachers and 108 nonteaching staff positions will be eliminated. The loss of teachers and paraprofessionals who assist teachers in large classes working with struggling students will increase the burden that will be placed on the teachers as they will have to

divide their time to a larger group of students, according to Highline District sources.

Elementary and middle schools will be closed at 5 p.m. for all school and community use and the high schools will have limited use. This will effect community groups as well as youth organizations such as

Cub Scouts, Girl Scouts and Camp Fire groups that use the schools for meetings.

Extracurricular activities and athletics will be cut by 50 percent and those students playing sports will be required to pay (approximately \$75 per sport per student). In all, 105 coaching positions will be eliminated

across the district.

School district officials say that school days will be shortened by one hour for all students. Included in the cuts will be the elimination of music, band and physical education classes in the elementary schools as well as course offerings in the middle and high schools.

This could have an impact on the students attending Highline in the running start program. Students will be having fewer choices for electives which could affect their chance to jump-start their education at Highline.

If may be difficult for some students to earn enough credits to meet the district's current graduation standards but the district is making it a priority to retain the instruction of college entrance courses. In some cases, the entrance requirement may not be met for every student.

The last Levy in February received a 59.02 percent "yes" vote, just short of the 60 percent majority needed for approval. This measure will be placed for voter's approval again on April 22.

Blades cuts through competition for study

By AMANDA HETZEL
Staff Reporter

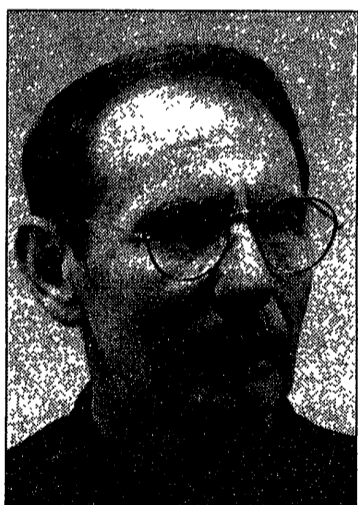
Highline Professor Larry Blades has been selected to attend one of 29 summer study opportunities, in England, supported by the National Endowment for the Humanities.

Blades teaches writing, literature and cultural and gender differences at Highline.

Blades had to submit a four-page essay, regarding what he has done to learn more about Jewish studies. The paper had to go through a selection committee that evaluated it, and then accepted him.

"I was absolutely thrilled, I really wanted it," said Blades.

Blades will participate in an institute entitled "Representations of the 'Other': Jews in Medieval Christendom."



Blades

This program will focus on how people view others as being different based on their color, religion, and way of life.

It specifies on how the discrimination started for the Jews. Blades will be learning about

"I was absolutely thrilled, I really wanted it,"

--Larry Blades,
Highline Professor

philosophical and religious documents that justify against the Jews.

The Endowment is a federal agency that each summer supports seminars and institutes at colleges and universities so that teachers can work in collaboration and study with experts in humanities disciplines. Blades is just one out of 25 teachers selected to participate. The 25

teachers selected to participate in the program will receive \$3,250 to help with their travel, study and living expenses.

The seminars will be held at Oxford University's Centre for Hebrew and Jewish Studies in England. The seminars will be directed by Professor Irvn M. Resnick, as well as many others. Blades will be staying in a graduate house.

Blades has been interested in this subject for sometime, it has some personal meaning behind it.

"I have Jewish heritage, so this subject intrigued me. When I was young, I tried to go swim-

ming class at a local pool, but my mom was turned down because her last name sounded Jewish," said Blades.

The weekends are open for Blades and the other teachers to go sightseeing. London is only a hour away. Blades would like to go early, so he can visit Italy.

Blades plans on using the information that he gets from his trip to teach a course about Anti-Semitism as well as the Holocaust.

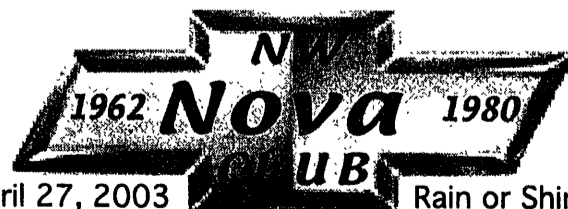
"I owe the school a great deal for making my application such a success. They are very supportive as well as welcoming," said Blades.

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Sexual integrity punches back

By DUSTIN NICKERSON
Staff Reporter

Waiting till marriage to have sex is more beneficial than most people realize, a woman speaker told Highline students last Tuesday.

Carrie Abbott has been on the lecture circuit for over a decade, and is co-founder of the Legacy Foundation, an organization focused on influencing sexual integrity in the lives of adults and teens alike.

Her theme of sexual integrity she defined as expressing the gift of sexuality in healthy and pure ways after the bond of marriage. Abbott said that this enhances one's relationship, and makes the path of pursuing happiness easier to follow.

"When a person has healthy relationships...the leftover energy they aren't using on broken relationships goes into building really good things," Abbott said.

Standing at nearly 6 feet tall, Abbott spoke with authority, but still in a very intimate fashion.

"I'm not here to tell you how to make your decisions, and I'm interested in the ones you are already making," Abbott said.

Abbott dove into her presentation with a brief personal background that mainly focused on the relationships she had early on in life.

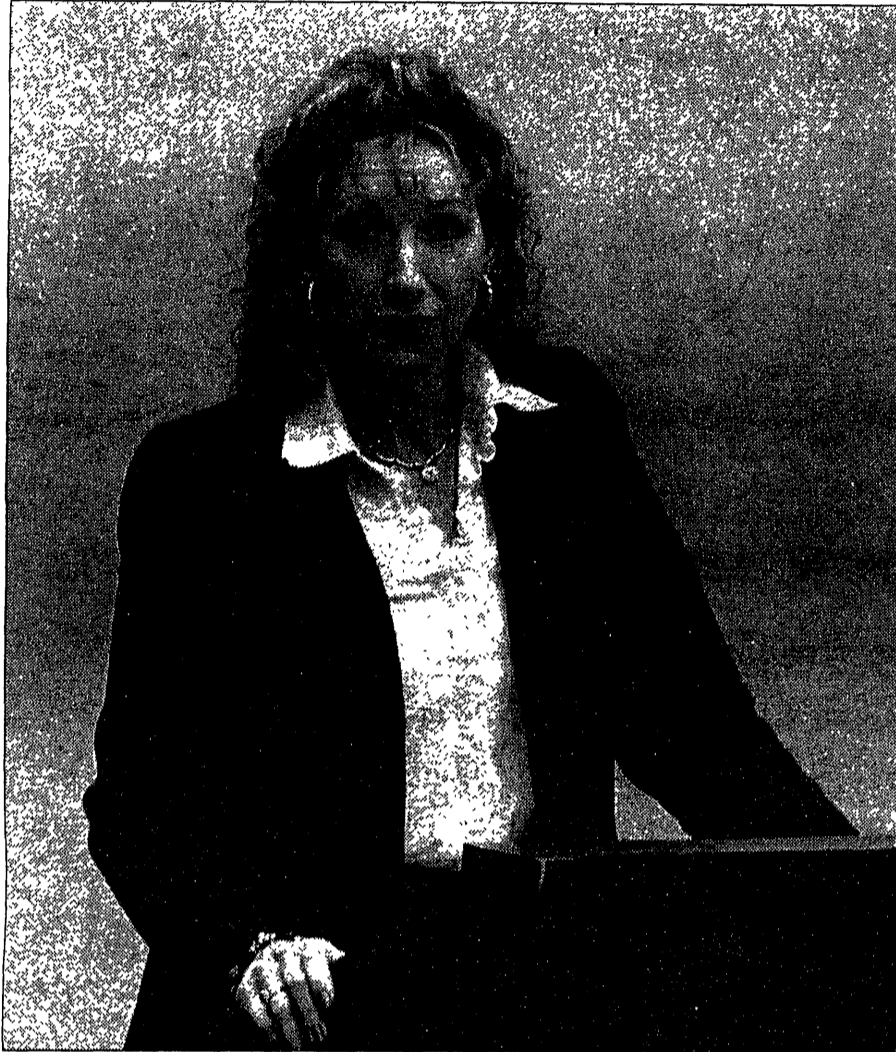


Photo by Nick Trullench
Carrie Abbott exposes students to the benefits of abstinence in Building 7 on Tuesday. Abbott has lectured at colleges for over a decade.

"My dad never really talked to me about relationships," Abbott said, "but the one thing he did say was, 'if a guy gets

close to you, punch him.'"

Abbott then added that she punched the first guy that pinched her in sixth grade, and

the first to try to kiss her in her junior year of high school.

At the heart of her presentation, Abbott said that the key to leaving behind a great life legacy was rooted in sexual integrity and remaining completely pure until marriage.

She gave statistics that showed the majority of Americans want to eventually get married and start a family, and said that complete abstinence is the only way to remain "whole" and have complete fulfillment.

"Most people believe that sexuality is just physical, but it's expressed best emotionally, intellectually, spiri-

tually, and physically," Abbott said. Abbott said there are differences between men and women and the ways they think.

"If a man thinks he can get something quick and easy, why

would he settle for anything else?" Abbott asked.

Abbott then went into the liberal attitudes toward marriage, divorce and sex that our society has, using both personal examples and hypothetical ones.

"In my marriage, divorce was never an option, and that's just the way we think," Abbott said. "Single parenthood is a great risk on children, and if we don't have to take it, we won't."

Sexual addiction is also rampant in our society and is more common and gruesome than most like to think about, Abbott said.

"Think about rape, kidnapping a girl, often abusing her and having sex with her and sometimes murdering her. This comes because of that man's sexual addiction," Abbott said.

When pornography is 85 percent of the Internet, that gives us an idea of where society is at, Abbott added.

Abbott then said that there are incredible upsides to marriage and tried to give some advice to her listeners.

She said that the demographics were overwhelming in comparing married to single couples, and that they typically live longer, have less cases of alcoholism and are more sexually satisfied, even more so when sexual integrity is preserved.

Good math skills are factors of success

By SENAYT GAIM
Staff Reporter

Professor Erik Scott wants to make a difference for Highline students in math.

Scott is the Mathematics Gateway Faculty member, which is designed to help students become more successful at interpreting and drawing conclusions from quantitative information.

He says that the main problem at Highline is lack of wanting to learn math.

"Math is repetitive. It doesn't come from the teacher it comes from you. You need to give it more attention and detail," he said.

Scott came from the University of Wisconsin where he majored in math. He later went to the University of Washington for his master's degree. He's been working at Highline for four years now.

His goal at Highline is to change the views of math for students. He wants students to understand that algebra and geometry is a small part of the



Scott standing of it to survive in today's technology.

The facts are math is needed.

"Students need to become developed in their ability to

math field. He believes that math is very important and you need a broad understanding of it to survive in today's technology.

make sense of data and effects of information. They need to read math so they can influence the things around them (business, health insurance, companies); you need to control your own destiny by understanding and using numerical information," Scott said.

"Math is so important," he said. He plans to help students work with graphs, data, and cause and effect relationships.

"Here, at Highline, the classes and Compass test aren't

perfect," Scott said. "You need to take it seriously for the future. Most people aren't starting higher than Math 81 because they purposely bomb the test so they can begin with easy classes."

"Like it or not, math performs a measure that's used to

decide where people will be going in the power structure," Scott said.

If you need help with math or have any questions you can contact Eric Scott in Building 18, room 109. He would love to know more about what kind of environment is best for students.



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Students bridge cultural gap

Conversation
Pals break
down barriers

By **KIMBERLY MCLEAN**
Staff Reporter

Imagine what happens when the distance between cultures is bridged: stronger sense of community, greater understanding of other cultures, and friendships.

This is the result of Conversation Pal, a program open to Highline students through the International Students Program.

Conversation Pal partners native English-speakers up with foreign students.

They meet for at least six hours during the quarter to discuss different topics and develop their language skills.

"Many students meet once a week, but there are times where students meet much more than that," said one of the Conversational Pal coordinators, Mikey Hood from International Student Programs.

Hood said that the program helps international students and American students become friends and creates some sense of awareness with what others go through just to go to an American school.

It also dissolves any type of stereotypes you may have previously had.

Gretchen Robinson-Trollinger, a fourth-time participant, gives the program a good review.

"I love talking and getting to know people," Robinson-Trollinger said. "It was a great experience and helped me to come out of my shell more."

Robinson-Trollinger said that it is also a great way to make friends.

"The last time our group met one quarter, we met at Red Robin. We had such a great time. Now I say 'hi' to them every time I see them around campus."

This quarter's program has already begun as of the orientation last Friday, April 11.

Many groups are eagerly starting out and getting to know their partners like Lechelle Wallace and Asuka Okuno.

"We just exchange contact information and then decide on a time to get together that works for both of us," Wallace said.

Many teachers, such as Laura Manning in Speech 200, offer up to .5 extra credit on their final grade to their students who participate in the program.

If you would like to join the program, go to the International Programs office in Building 6 to register for next quarter.

"We welcome all nationalities, races, and people from different cultures. It wouldn't be very international without international students," Hood said.

A moment to enjoy

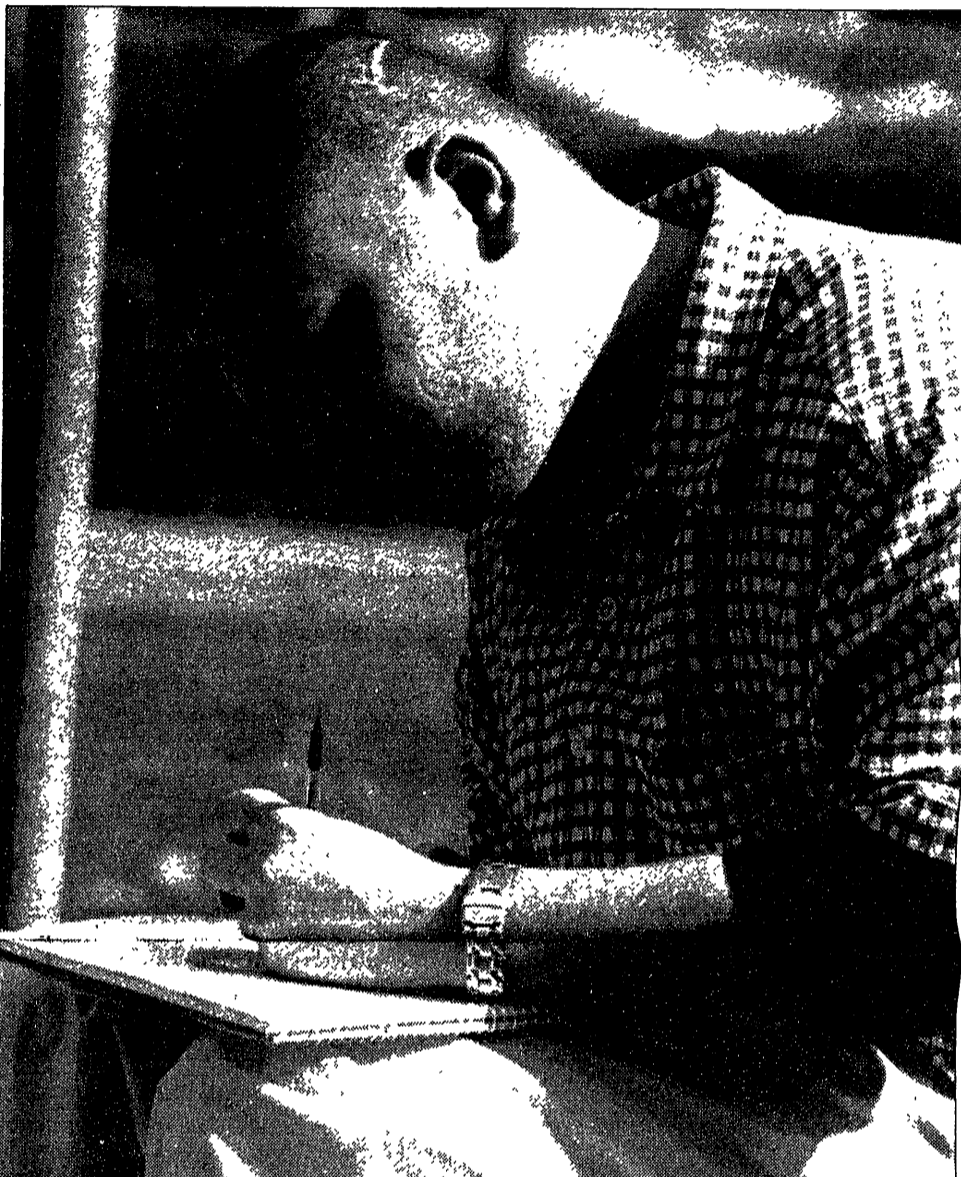


Photo by Melissa Flesch
Brian Osborn taking a break to sketch outside of Building 6.

Tuition waivers offered for academic achievement

By **LAUREN POLENSKE**
Staff Reporter

The Academic Achievement Scholarship will award 15 full-time students with tuition waivers for Fall Quarter 2003.

The deadline to turn in applications is Friday, April 25 and applications can be picked up and turned in at the Student Development Center upstairs in Building 6.

Students will need two essays: one on educational goals and another on an experience that has changed their personal views on learning.

Also needed are two letters of recommendation and a current student transcript.

Qualifying students need a 3.5 GPA and must be residents

of Washington state.

Running Start students may not apply, as well as students who are on any need based financial aid tuition waivers.

Winners will be chosen by a

panel of 30 staff members who will read and rank each application.

Jake Sneva, with Educational Planning, would like students to know how applying for the

scholarship can help them achieve their academic goals.

"If you're involved whatever with a 3.5 spend the time whatever it takes, you'd be much better off having a full

quarter paid for," Sneva said.

Sneva said students with less than a 3.5 GPA should not be discouraged because there are so many other scholarships available they just have to be found.

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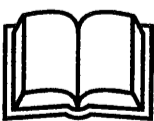
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This isn't croquet, kids



Photo by Melissa Flesch

Lloyd McIntosh, one of the workers currently building Highline's interim cafeteria and student services tent, hammers a marker into the lawn north of Building 2.

Women's auction is golden

By HOLLY GLEIM
Staff Reporter

Women's Programs hopes that the campus community will once again help them to raise money for a good cause.

The Women's Programs' annual silent auction will be held on May 7 from 12-3:30 p.m. in Building 2 to raise money for students.

The proceeds from the auction are used to provide assistance to single parents and displaced homemakers. The Women's Programs also helps non-parents and men with its services.

In the past Women's Programs has helped more than 200 students per quarter with book fees, child care, power bills, car repairs and tuition with the support from groups around the community.

"Des Moines Food Bank works with us a lot," said Jean Munro, Women's Programs and

Work First Service.

Some of the donations that will be auctioned off include gift certificates to restaurants, hotels, bowling and Sees Candies. Other items that will be auctioned are themed baskets such as a movie basket, a women's exercise basket, and a Mother's Day basket.

All donations for the auction are provided by staff, students and community members around the Highline campus. To make a donation you can drop by the Women's Programs office located in Building 6 or look for flyers around the Highline campus.

If you are unable to find a donation sheet contact Jean Munro in the Women's Programs office.

One of the advantages of giving a donation to the silent auction is you are able to use it as a tax write off and it also helps support Highline to raise money for students who are unable to afford the costly expenses to at-

tend college.

All items being auctioned off will be set out an hour prior to the dinner giving everyone a chance to look at the items and place their bids. Everyone will be given a bidding number upon entering the auction. This is the number used to place bids on items throughout the auction. The highest bidders will be announced at the end of the evening.

Another part of the auction includes a Women's Celebration. The theme is "plant a seed and watch it grow."

The Women's Celebration will be from approximately 1-3:30 p.m. on May 7 in Building.

There will be awards given and other types of activities throughout the day to help support Women's Programs.

"This is a way to recognize the ordinary women here on the Highline campus," said Temple D'Amico, Employment Coordinator of Women's Programs.

The heart of the matter is cardiovascular health

By THERESA BROWN
Staff Reporter

You can live longer and better with a little exercise, a fitness expert said here Wednesday.

Cardiovascular Disease is the number one killer in the United States, claiming over 725,192 lives in 1999.



Brandt

Certified personal trainer Tim Brandt, a fitness specialist at the nearby Eagle Fitness, said physical activity can greatly reduce the risks associated with heart disease. The chosen theme being health as a choice, this week's Contemporary Voices seminar fell nicely into the subject. Guest speaker Brandt supports setting a goal and working to meet it.

Brandt said he has the same excuses everyone else has — work, family, no free time. But, he said, you have to make exercise a priority.

The magic formula, which is becoming more and more popular as the years go by, is exercising three times a week for 20 to 30 minutes, he said.

A way to get started, Brandt suggested, is to write down three things you are doing that

you shouldn't, and three things you aren't doing but should be. Be willing to commit to those three things and set reasonable goals.

"No one wants to be unhealthy and unfit," said Brandt.

Cardiovascular disease treatments and programs are costing the United States \$298 billion a year and if people would work out and take care of their bodies the U.S. could easily save \$100 million a year, Brandt said.

Getting fit isn't just about running a mile every other day. There are four components to becoming fit, said Brandt. You

need cardiovascular workouts, stretching and lengthening of the muscles, resistance training, and proper nutrition.

The power to change your lifestyle is at hand, and life is about continual growth.

"Drink 10 glasses of water a day; if weight training, eat half your body weight in protein. I weight 185 pounds; I eat between 90-100 grams of protein a day."

Honors Professor Dr. Barbara Clinton asked about the best way to lose the little pot women gain after bearing children, and Brandt said to work

out the major muscle groups, not to target that area specifically.

The next seminar will be in Building 7, at 1:10 p.m. Wednesday, April 23. Rod

Mattson, Highline speech instructor, will be speaking on "The Star of Success" and getting your attitude and mind healthy for success and happiness.

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Budget

Continued from page 1

Sen. Joe Zarelli, R-Ridgefield, author of the 2003-05 Senate capital budget. "When we decide to build a new tech center or skill center at the community college level, we expect there to be a payoff down the road in a knowledgeable and skilled workforce."

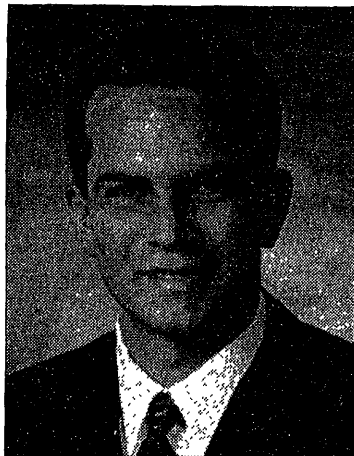
The budget allows for an extra \$1 billion over the next 10 years for the development of new facilities and renovation of the old. For this biennium, that works out to \$167 million in additional bonding capacity.



Carlson

This budget does however fall \$700 million short of the Evans-Gardner proposal of \$1.7 billion over the next 10 years for the college capital system.

Former Gov. Dan Evans has teamed up with former Gov.



Zarelli

Booth Gardner to come up with an investment proposal to facilitate the growing student population at community colleges in Washington.

Evans described the Senate's capital budget as "a pretty sig-

nificant start."

"The Evans-Gardner proposal creates funding for what will be peak enrollment in 2008," said state Sen. Don Carlson, R-Vancouver. "The governor's budget was far lower. Our (budget) reflects a compromise that is the best we can do."

Nonetheless, the Senate's budget is "very generous to us," Vice President of Administration Laura Saunders said. "The only thing that Evans-Gardner had for us that the Senate didn't was pre-design for our Allied Health Building."

Highline plans to resubmit a request for that in the 2005-07 biennium.

However, the downside for the Senate's budgeting seems to

be the operating budget.

The capital budget funds buildings and repairs to facilities at Highline while the operating budget funds programs, faculty salaries and other administrative costs.

While community colleges are seeing a \$167 million increase in funding for building in 2003-05, Highline and two-year colleges statewide are facing a Senate that will cut and reallocate funds, similar to Gov. Gary Locke's plan.

"They're going to reallocate part-time salary increases and split it with three-fourths going to faculty increments," Saunders said. "On paper, it looks like less cuts but it's essentially the same (budget) as Locke's."

Gala

Continued from page 1

dent of the Des Moines Rotary Club and an alumnus, was very pleased to be a part of the night.

"I love the school... I think great things will happen for the college," she said.

Ann McKay, friend of Dr. Bell, said, "I'm a Highline wannabe."

Her husband, Jeff McKay, remembered swimming in Highline's pool as a youth and felt great about supporting the

students of today.

Dan Sherman, a former Des Moines City Council member, was very enthusiastic about the possibilities Highline holds.

"Highline is the biggest school in the city of Des Moines... It's wonderful having the college within the city of Des Moines."

Sherman is hopeful for a partnership between the college and the city to bring businesses to Highline.

"The success of the night is really the support of individuals who gave. There are people who rely on the Foundation. I'm hopeful the money that was raised will be able to get into the

hands of the students to get an education," said Stefan Alano, Student Government president, at the gala.

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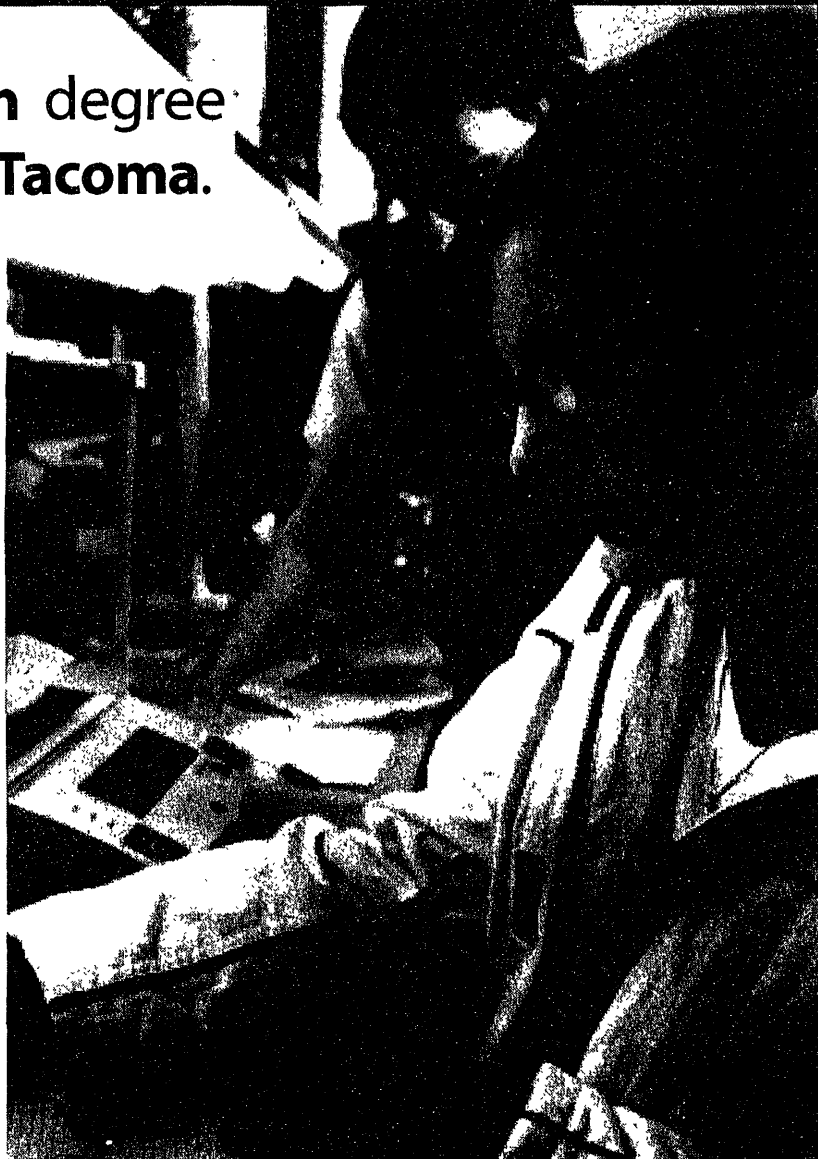
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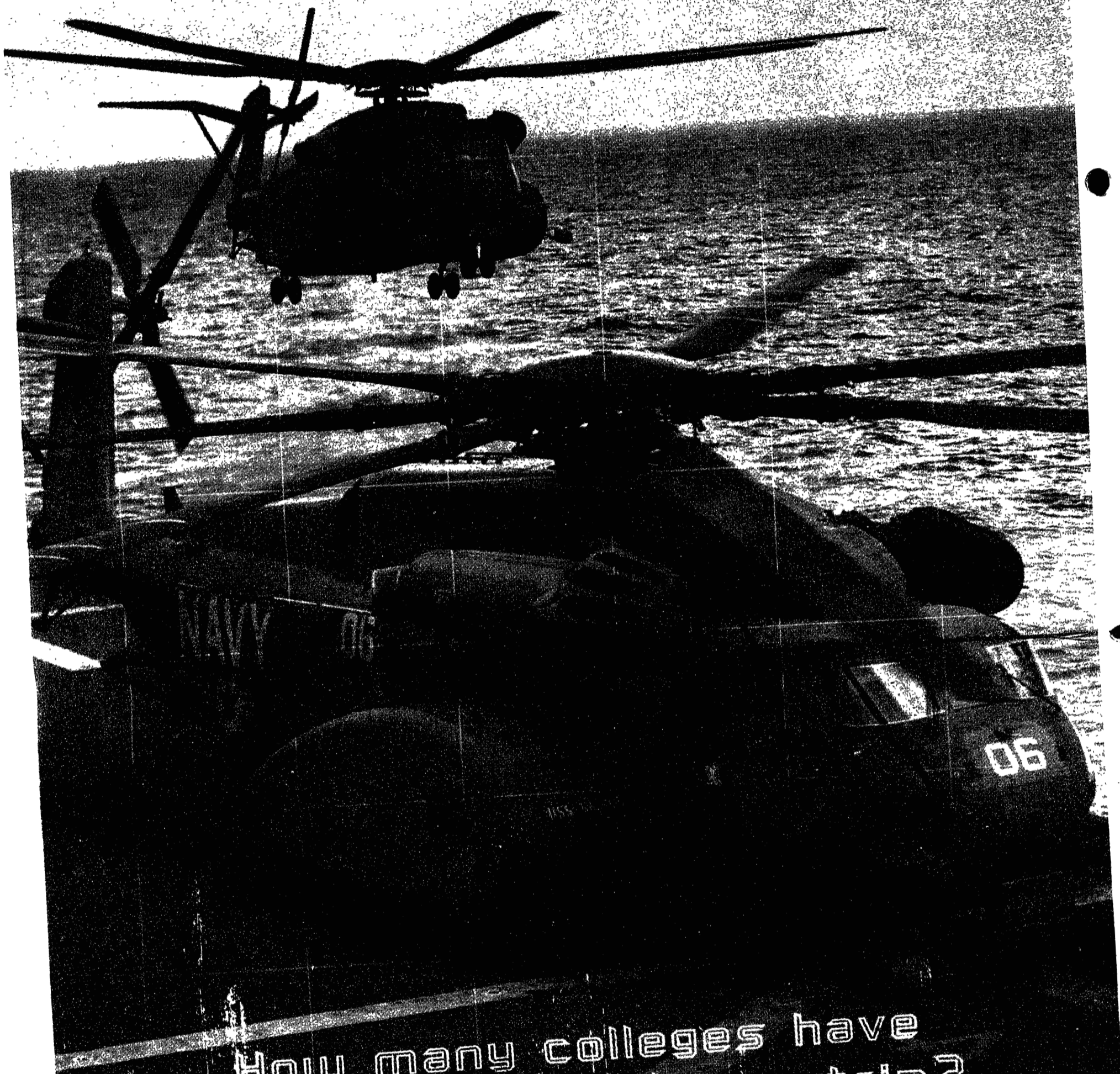
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